

# Help is available for people who suffer from depression



## HELPING HAND

*Did you know that depression is very real for many people. There are programs that can help. Call the Information and Referral Center at 487-4716.*

If you'd like to inquire about, or volunteer for, any of the following requests, call the Volunteer Center of the Community Services Council, 212 W. 1300 South, 486-2136.

Help with basic office work in Park City.

Be an advocate for abused and neglected children. Once or twice a month, flexible times. Must be over 21. Training provided.

Help staff and clients in the Division of Corrections. Training. Flexible times. Must undergo police background check.

Be teachers' assistant in grade school.

Help a woman who has severe arthritis with a correspondence course.

Make posters or help with phones for a rally, Jan. 23, 6-9 p.m.

Provide respite care for man with MS five hours a day twice a week. Tuesday and Thursday,

10:30-4 p.m.

Work with young and inexperienced mothers as a support person. Training.

Assist teacher with weekly art class. You'll help preschool children and their parents Wednesday mornings from 9 to 10:30 a.m.

Help adults with mental disabilities play Bingo. Afternoons, 3-4 hours a week.

Befriend a child under 12 and provide respite to families with children who are disabled. Four hours a week.

Help with basic office duties. Need good clerical skills.

Shop for a homebound woman. Flexible times.

Be a role model for junior high students. At least once a week.

Work 15-20 hours a week on licensing businesses.

Do basic data entry.

Be a role model for young mothers.

Work in preschool classrooms.

Play piano once a week for shelter school.

Volunteers desperately needed to help prepare mailing. Flexible days, sometime during work hours.

Provide basic office help.

Be "on-call" office worker.

Volunteer at area hospital. Shifts available daytime, Monday through Friday. Needed for one three-hour shift a week.

Tutor elementary school students one-on-one.

Provide tax help to senior citizens. Training. Four hours a week.

Teach adults at the Indian Center. 1 p.m. to 2:30 p.m. one to five times a week.

Do housework for elderly woman.

Donate furniture and sewing machines for refugees.

Provide a model car or plane kit, cartridges for Nintendo.

Contribute reading books for teenage boys.

Provide band instruments.

Donate bath bench and grab bars for disabled individual.

Donate sheets for homeless shelters.

Give furniture and household items.

Provide sports equipment and weights for recreation program at Salt Lake Community High School.

Donate a 19" TV to youth club.

Give a storage shed of any size.

Provide adult-size wheelchair.

Contribute a color TV of any size or type, in working condition, to mental health facility.

Food pantry needs two refrigerators.

Clothing-assistance project needs business-related clothing for women. Large sizes (14 and above) especially. Shoes and other accessories would be helpful.

Yarn of any size, color or type is needed.

Donate a hand cart or dolly to food pantry.

Provide furniture for adult day treatment.

Give a dresser.

Provide car seat for 4-year-old child.

Donate a sewing machine to single mother.



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